

CALGARY

metro®

ROBERTSON COLLEGE

Take charge of your career!
Become a Certified Health Care Aide
Classes Start November!
Check out www.robertsoncollege.com or call 587.331.8101



DUFFY, THE TORY PARTY SLAYER?

SENATOR PLAYS OFFENCE:
‘ONE CHEQUE FROM
NIGEL WRIGHT?
NO, LADIES AND
GENTLEMEN, THERE
WERE TWO CHEQUES’

PAGE 8

NEWS
WORTH
SHARING.

Stylish urban architecture
lives at Walden.



ARRIVA 1 URBAN MODERN

walden
MOVE UP HOMES
STARTING FROM THE
\$440s
INCLUDING LOT + GST

ESTATE HOMES
STARTING FROM THE
\$520s
INCLUDING LOT + GST

CARDEL HOMES
Visit our sales centre.
56 Walden Terrace SE
403.984.9107
CARDELHOMES.COM



PROUD MAYOR, PROUDER MOM

Nury Nenshi looks over her son, Mayor Naheed Nenshi, after placing the chain of office around his neck following his swearing-in ceremony in council chambers Monday night. Story, page 3.
ROBSON FLETCHER/METRO

School sponsor deal came under fire from trustees

Corporation concerns.
CBE trustee calls for
'clearer processes'

 **JEREMY NOLAIS**
jeremy.nola@metronews.ca

Calgary public school trustees met privately in August amid fears they were being shut out of contentious discussions over allowing corporations to name areas within city schools, Metro has learned.

The meeting, convened by trustee Joy Bowen-Eyre, specifically addressed an agreement that would have seen Festo Canada, an automated technology supplier, sponsor an engineering suite at Lord Shaughnessy High School.

Sources told Metro that CBE administrators signed a contract with Festo last year that would see the school's engineering suite named in exchange for robotics equipment, training and travel opportunities for board representatives.

Cathy Faber, the CBE's superintendent for learning innovation, who headed up negotiations with corporations, would not provide the original contract but said in an interview the total estimated value of Festo's

contribution was more than \$250,000.

But then Faber said the amount of money "shifted."

An amended contract obtained by Metro specifies a total donation of \$157,338, but does not include a formal suite naming. It does, however, grant Festo "named engineering" in the Shaughnessy engineering area and the school's west foyer.

Still, some trustees have quietly continued to question whether administration ignored the CBE's own rules by going ahead with that and other contracts without first receiving approval from trustees themselves.

Bowen-Eyre received support from three fellow trustees sharing similar concerns — a majority of the seven representatives must agree to an impromptu meeting for it to take place.

Reached last week, Bowen-Eyre declined to discuss specifics of the meeting, but offered little reassurance that her concerns had been addressed.

"I think Calgary Board of Education needs to have a good conversation, once again, with the public to find out what the public feels on how we should go about corporate partnerships, donors and naming rights," she said.

"In the meantime," she added, "I think CBE needs clearer processes in place

in terms of receiving donors and going ahead about naming rights. We've got that clear but it doesn't seem to be a good process."

But Faber insists the board complied fully with regulations, adding that while she had not been made aware of the specifics of trustee concerns the original contract always hinged on their approval.

She confirmed the possibility of "naming rights" was broached with Festo, but it was never a primary concern for the technology provider.

"What they said is, 'When you recognize your partners ... just put us in the mix — we want our name there, we want a presence there, just put us up with all the rest of them,'" she said.

Shaughnessy has been considered prime ground for partnering with corporations as the CBE has moved to turn the building into a hub for career and technology studies that will draw in kids from other area schools for a portion of their studies.

On the web



For more information and a copy of the amended Festo contract and signage, head to metronews.ca.

**10-DAY
ONLY SALE**



FROM OCT. 22-31 GET \$1,000 BONUS CASH

WHEN YOU PURCHASE A 2013 + 2014 CHEVROLET Cruze, Trax, Equinox, Traverse, Silverado Light & Heavy duty truck
2013 + 2014 BUICK Verano, Encore, Enclave 2013 + 2014 GMC Terrain, Acadia, Sierra Light & Heavy duty truck or 2013 CADILLAC CTS

+2 YEARS COMPLIMENTARY OIL CHANGES ON ALL 2014 MODELS



THE LARGEST SALE OF THE YEAR IS BACK!

ROCKETOBER

YOU SAVE \$14,670!



C131058

YOU SAVE \$5,435!



2013 GMC
TERRAIN SLE
MSRP: \$30,345

CMP PRICE: **\$24,910**
2.4L 6-SPEED AUTOMATIC, FWD, A/C, AUTO-DIM REARVIEW MIRROR, SIRIUSXM RADIO, REAR VIEW BACKUP CAMERA, BLUETOOTH

OWN IT FOR ONLY **\$73 /WEEK¹**

YOU SAVE \$2,774!



2013 CHEVROLET
SONIC LS
MSRP: \$15,765

CMP PRICE: **\$12,981**
1.8L 5-SPEED MANUAL, HATCHBACK, ONSTAR, BLUETOOTH

OWN IT FOR ONLY **\$38 /WEEK¹**

2013 GMC

SIERRA

1500 EXT CAB 4WD

MSRP: \$40,135

CMP PRICE: **\$25,465**

4.8L V8, 4-SPEED AUTO W/ OVERDRIVE, CRUISE CTRL, A/C, KEYLESS ENTRY REMOTE, ONSTAR, BLUETOOTH

INCLUDES TRUCK BUCKS! * VISIT LOYALTY.CMPAUTO.COM FOR MORE INFORMATION

\$74 /WEEK¹

YOU SAVE \$5,515!



2013 CHEVROLET
TRAVERSE AWD
MSRP: \$37,695

CMP PRICE: **\$32,180**
3.6L V6, 6-SPEED AUTOMATIC, SIRIUSXM RADIO, ONSTAR, REARVIEW CAMERA

OWN IT FOR ONLY **\$94 /WEEK¹**

YOU SAVE \$2,696!



2013 CHEVROLET
SPARK MANUAL
MSRP: \$14,595

CMP PRICE: **\$11,899**
1.2L 5-SPEED MANUAL, ONSTAR, CHEVY MYLINK AUDIO CONNECTIVITY PACKAGE

OWN IT FOR ONLY **\$35 /WEEK¹**

TIRE SPECIALS

CALL US @
403-207-1002

* WINTER CAR TIRES

P185/75R14 FIRESTONE WINTERFORCE

FROM: **\$86.99***
EACH PLUS
INSTALLATION

* WINTER TRUCK TIRES

LT215/85R16 FIRESTONE WINTERFORCE

FROM: **\$164.99***
EACH PLUS
INSTALLATION

STEEL RIMS FROM: **\$59.99***

ALLOY WHEELS FROM: **\$119.99***



403-930-1648
CMPAUTO.COM

1313 36 ST. NE, Calgary, AB, T2A 6P9



BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM



16 AVE NE

12 AVE NE

MEMORIAL DR

*SALE PRICES FOR NEW TRUCKS INCLUDE TRUCK BUCKS DISCOUNT NOT AVAILABLE ONLY TO ELIGIBLE CUSTOMERS. LOYALTY PROGRAM NOT INCLUDED IN SALE PRICE. AVAILABLE ONLY TO ELIGIBLE CUSTOMERS. LOYALTY PROGRAM NOT INCLUDED IN SALE PRICE. SEE LOCAL GM DEALER FOR DETAILS. DEALER RESERVES THE RIGHT TO EXERT AS SHOWN. SEE LOCAL GM DEALER FOR DETAILS.



PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

AHS. New CEO targets kids' mental-health issues

Alberta's new frontline health boss says he's appalled by efforts to combat children's mental-health issues and he plans to push forward early intervention strategies.

Duncan Campbell outlined his chief concerns after being named acting CEO of Alberta Health Services.

In an interview, Campbell highlighted past difficulties trying to integrate street junkies from Vancouver's notorious Downtown Eastside back into healthy communities as they aged.

"If we don't deal with early intervention the whole health system pays for it later," he recently told Metro. "Quite frankly, I'm quite appalled by the system we have currently in Alberta.

"We can do a lot better. You'll see that."

In broad strokes, Campbell said his plan involves better aligning systems, providing a single access point into the system and doling out more funding for computers and facilities. He also stressed the need to partner with non-profit groups.

Only 17 per cent of 165 psychiatrists in the Calgary health zone specialized in treating children and adolescents, according to a 2012 AHS report. The report's author previously told Metro that number should be above 40 per cent.

Duncan's pledge came as "refreshing" news to Anne Darragh at The Alex Community Health Centre in Calgary, a physician who encounters several "barriers" in trying to get youth access to mental health services.

BRYAN WEISMILLER/METRO

Alta. wades into sticky territory

Buttholiosis. Dickgitis. Vagfluenza.

An edgy Alberta Health campaign hopes these raunchy terms spur young lovebirds to examine their bedroom habits.

"Whatever name you call them, sex germs are dangerous. Protect yourself," reads copy posted on SexGerms.com.

Alberta's chief medical officer of health, Dr. James Talbot, noted the health department faces stiff competition online in reaching 15- to 35-year-old eyeballs. He said the campaign has to stand out from the celebrity blather and social media hubub without going too far.

"We're looking for the sweet spot that brings it to people's

attention but also make it clear what they can do about it," said Talbot. "The audience seems to like the edginess."

It's too early to tell if the latest bid for awareness will have the same effect combating gonorrhoea cases as the similarly provocative PlentyofSyph.com did in turning around once-rising syphilis rates, he added.

Prof. Rebecca Sullivan lauded the campaign for pushing beyond straitlaced no-sex-before-marriage-or-love messaging of old and firing up discussions between people more likely having risky sex.

However, she contended the campaign could've been even



A screenshot of SexGerms.com, part of a \$1.6-million campaign by Alberta Health. It aims to combat the rising number of gonorrhoea cases. SCREENSHOT

"bolder," and reached a wider market by appealing to same-sex couples and a more diverse crowd. "Has it gone too far? No, it hasn't gone far enough," said Sullivan, director of the

newly relaunched Institute for Gender Research at the University of Calgary. "It's still quite relational and very white and heteronormative."

BRYAN WEISMILLER/METRO

New council members look to turn the page

Overcoming campaign conflict.

Unlike previous councils, this one will serve for 4 years before next election

Wise words

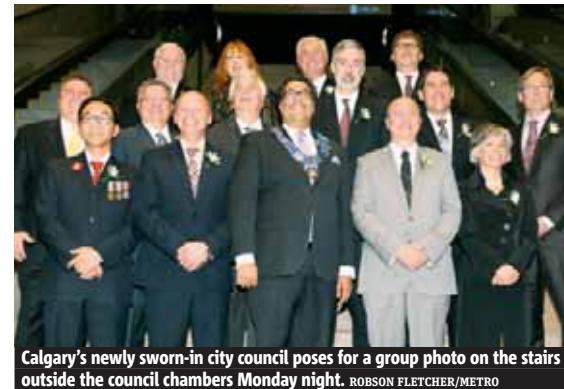
"Work hard. Be thoughtful. Be intelligent. And be yourself."

Ward 8 Coun. Evan Woolley, on the best political advice he's received, which came from his mother

Nenshi said it's time to focus on the future, rather than the past.

That sentiment was echoed by Ward 4 Coun. Sean Chu, whom Nenshi criticized during the campaign for not disclosing his donors.

"The first thing I did (after being elected) was I reached out to the community who, as you know, spoke against me," Chu said. "I asked them: Let's work together on the issues the community is facing. I'm here for everybody."



Calgary's newly sworn-in city council poses for a group photo on the stairs outside the council chambers Monday night. ROBSON FLETCHER/METRO

Ward 2 Coun. Joe Magliocca, another candidate who didn't see eye-to-eye with Nenshi during the campaign, said he met with the mayor Monday afternoon to smooth things over.

"Let's get real. We all take

cheap shots at each other," Magliocca said. "But we're going to leave that at the front door of city hall and when we come inside, we're all going to make the city a better place."

BRYAN WEISMILLER/METRO

NOVEMBER 2 & 3
EQUI-PLEX, SPRUCE MEADOWS

Admission: \$10

Children 12 & Under: Free

Discounted tickets available online!

Saturday: 10am-6pm

Sunday: 11am-5pm

WWW.CALGARYSNOWSHOW.COM

1
NEWS

Change requires cash: Departing CBE trustees

Advancing education.
New board to be sworn in Tuesday

 JEREMY NOLAIS
jeremy.nolais@metronews.ca

Changes to curriculum, student assessment and the way high school as a whole is delivered are on the table in Alberta, but two departing

Calgary trustees are quick to question who's picking up the bill for such changes.

In recent months, Calgary Board of Education officials have looked at remodelling report cards and have also begun to set in motion changes that will make high school less focused on time and the offerings in one building.

But Carol Bazinet, who will officially bow out Tuesday after a decade-long run as trustee for Wards 12 and 14, said one con-



cern not being addressed is who will pay the costs for additional transportation required with the new high-school model and other changes being put forward.

"When you do something like that, the costs go up in the beginning and then potentially

go down in the long-term," Bazinet said of the high-school shift.

Pat Cochrane, meanwhile, will also end her trustee tenure Tuesday after first being elected in Wards 8 and 9 in 1999.

She said the changes being proposed are necessary but echoed concerns about provincial funding. In recent weeks, reports have surfaced of 40 or more high-school students crammed into classrooms. She noted the CBE also used up

reserve funding it had during spring budgeting.

"You think this year is bad? If the province doesn't up funding and then wants all these new things in place and they still haven't reviewed our metro transportation formula ... it's going to be a real strug-



gle," she said. "It isn't that the CBE can't manage its money; it's that it's being expected to do miracles with the small amount of money we get."

The province reiterated Tuesday that it has "fully funded enrolment for the 2013-2014 school year."

"Every new student is funded this school year, which will amount to over \$100 (million) in additional per-student funding," read a statement from the ministry.



2,000 Bonus reward miles. That's two tickets!

In fact, it's our best offer ever and enough for two short haul flights¹.



Earn 1,000 Bonus AIR MILES^{®†} reward miles after your first card purchase². You'll also earn 250 additional Bonus reward miles each month you spend \$1,000 for the first four months³.

Apply by October 31, 2013.

Visit a branch or bmo.com/get2000 for details.



BMO  **Bank of Montreal**

Making money make sense[®]

Complete Terms & Conditions are available at bmo.com/get2000. 1. A short haul flight is a return flight with origin and destination within the same province and having a departure date during low season of Jan. 8 - Feb. 28; Apr. 1 - May 31; Sept. 16 - Dec. 15. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. 2. Bonus offer is limited to new accounts and is awarded after your first BMO AIR MILES World MasterCard purchase. Applications must be received by October 31, 2013. Limit of one Bonus offer per Account. 3. An additional 250 Bonus reward miles will be issued each month you spend \$1,000 or more in card purchases (less refunds and excluding cash advances, cash-like transactions and balance transfers) for the first four months after your account is opened.

[†]Registered trademark of Bank of Montreal. [®]Registered trademark of MasterCard International Incorporated. ^{®†}Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal.

Flood-struck Alberta still rebuilding 130 days later

\$170M

Disaster aid shelled out to 14 municipalities and two First Nations in the wake of June's historic floods

9,100

Albertans who've applied for disaster recovery aid

183

Property owners have not expressed interest in moving out of the floodway and therefore will not qualify for future flood-relief cash

\$14.1M

Paid out to flood-affected Albertans in 2,700 payments

2,500

Applications for disaster aid stuck in limbo until insurance companies provide an assessment

250-400

Calls fielded by flood-line operators daily. More than 23,000 calls were received in the first 100 days after the flood

Two of three

Kids in bus crash to leave hospital

Two of three children are well enough to leave hospital following last week's school bus crash in southern Alberta.

Crossfield Mayor Nathan Anderson said Monday the pair are doing so well they may even be home already.

The third child, a five-year-old boy, is also continuing to improve.

THE CANADIAN PRESS

Flood relief. Ottawa, Alta. half a billion dollars apart

The provincial and federal governments appeared to be \$500 million apart Monday when it comes to how much Ottawa should pay to cover flood damages related to Alberta's June flooding.

Finance Minister Jim Flaherty said the federal government expects to contribute \$2.6 billion, but Municipal Affairs Minister Doug Griffiths offered a different number.

"My calculations said \$3.1 (billion)," Griffiths told reporters Monday. "But I will definitely be in touch with (Flaherty) and we'll compare notes."

He assured that "the numbers are still fluid."

"Frankly, I'm pretty excited that we're within half a billion dollars," Griffiths added. "That's a good place to start, and we'll go on from there." **ROBSON FLETCHER/METRO**

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to

Washington to demand answers.

THE ASSOCIATED PRESS



A man talks on the phone in Barcelona earlier this year — was someone else listening?

MANU FERNANDEZ/AP FILE

Wedding crasher

Man steals wedding gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off

with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build.

THE ASSOCIATED PRESS

G.I. Joe bodies: Soldiers who fail fat test seek lipo



An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNELZI/THE ASSOCIATED PRESS

Extra pressure. Service members say they are under extreme scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked

about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS



RBC Royal Bank

64%
of couples feel they pay more in bank fees than they need to.*

100%
of them could save money with RBC Royal Bank®.



The RBC VIP Banking® Package: Great features that will save you money.

3 UNLIMITED BANKING ACCOUNTS¹
Get one for you, one for your spouse and one joint or for the family.

UNLIMITED USE OF ANY MAJOR BANKS' ATM²
RBC will refund the access fee.

UNLIMITED INTERAC E-TRANSFERS³
The faster, easier way to send money.

ANNUAL CREDIT CARD FEE REBATES⁴
Get a premium reward-earning RBC Royal Bank credit card for you and your spouse.

Get up to
\$300
in gift cards*

SWITCH TODAY!
rbc.com/inclusive
1-866-335-2395

Advice you can bank on™

* Ipsos Reid's survey of 1000 married and cohabiting couples, 645 (or 65%) of whom who pay bank fees, conducted Aug 2-8 2013. ¹ Eligible Canadian dollar accounts include any two of the following banking accounts with the monthly fees waived: RBC Day to Day Banking®, RBC Enhanced Savings® and RBC Day to Day Savings®. Debit transaction means a withdrawal of funds from an account and includes an assisted transaction and an electronic self-serve transaction. ² ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply and be added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee. All clients who use non-RBC ATMs may be charged a convenience fee by the other ATM operator regardless of the type of account they hold with us. ³ Starting September 1, 2013 the RBC VIP Banking account will include unlimited Interac e-transfers. ⁴ The amount of the annual fee rebate depends on which banking package and eligible credit card you hold. The annual fee rebate applies every year as long as you remain an eligible account owner. Other conditions and restrictions apply. [†] Limited time offer. To get \$300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions. ©/TM Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



**‘THIS IS WHERE I WORK.
IT’S TIME TO PLAN OUR FUTURE.’**

WE WANT YOUR FEEDBACK ON THE DRAFT SOUTH SASKATCHEWAN REGIONAL PLAN.

Attend a session in your community to provide your feedback on the draft South Saskatchewan Regional Plan. The plan will help ensure southern Alberta remains strong and vibrant. It's your land, your plan, your future.

Provide your feedback today by visiting landuse.alberta.ca



Cheque again: Duffy claims Tory lawyer covered \$13K in legal fees

Fuelling the inferno

Stephen Harper has steadfastly maintained he knew nothing of Nigel Wright's largesse, but the circle of PMO and party insiders who were in on the deal appears to keep growing. And Mike Duffy keeps fanning the flames.

- "I've never seen a cheque from Nigel Wright," Duffy noted, almost as an aside Monday. "But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."

- Duffy alleged — while conceding he could not prove — that the funds for his legal fees came from the Conservative party and thus from the pockets of the same party donors that the PMO was attempting to dupe and placate.

- Duffy laid the blame directly on Harper, saying, "This was all part of his strategy, negotiated by his lawyers and the Conservative party's lawyers, to make a political situation embarrassing to his base go away."

- Duffy said the PMO "rehearsed with me, right up until minutes before I went on television, the lines I would use in the media."



Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The \$90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled

from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal

disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of \$13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting

\$90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright ar-

Cue the audible gasp

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

Sen. Mike Duffy

ranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

THE CANADIAN PRESS

**ORDER YOUR
CUSTOM CELTIC RINGS NOW
TO INSURE CHRISTMAS DELIVERY!**

**DECEMBER IS
A SPECIAL TIME
TO GET ENGAGED!**

GIVE YOUR LOVED ONE
AN EXQUISITE CELTIC RING
OR ANY UNIQUE
CELTIC JEWELLERY!

COME IN TO SEE OUR SELECTION OF CELTIC JEWELLERY



Scottish Gift Shoppe Ltd.
SCOTTISH FORMAL KILT RENTALS AND SALES

HIGHLANDSHOPPE.AB.CA
390-85 ST. SW 403.286.1932
NEXT TO CANADA OLYMPIC PARK (MUST ACCESS
STORE FROM THE TRANS CANADA HWY)

TD Canada Trust

Grand Opening celebration

Enter to win \$1,000*
towards your grocery bill

**Join us for our Grand Opening celebration on
Saturday, November 2 from 11 a.m. – 3 p.m.**

Bring in a plastic bag to swap for a TD reusable bag!¹



19489 Seton Cres. SE
Calgary

(403) 292-1488

Monday to Wednesday
Thursday & Friday
Saturday
Sunday

8 a.m. – 6 p.m.
8 a.m. – 8 p.m.
8 a.m. – 4 p.m.
11 a.m. – 4 p.m.



* Contest ends November 30, 2013 at 3:59:59 p.m. MT. There is one prize consisting of \$1,000 available to be won. The odds of winning the Prize will depend on the number of entries received. No purchase necessary. Skill-testing question required. Full Rules available at participating branch above.
¹ While quantities last. ©/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

► Deposit a cheque with your smartphone? Cheque-In™. Believe it.

Get a \$100* Bonus
when you open a
THRIVE Chequing®
Account by
December 31 and
switch your payroll.

ingdirect.ca



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ® THRIVE Chequing is a registered trademark of ING Bank of Canada. ™ Cheque-In and forward banking are trademarks of ING Bank of Canada. * THRIVE Chequing Account must be opened between August 26, 2013 and December 31, 2013. Payroll must be deposited by January 31, 2014. Limit of one (\$100) Bonus per Client/Account. Chequing Account rates are annualized, are current as of today's date and are subject to change without notice. Interest is calculated daily and paid monthly.



A hospital staffer's sign: "Guarantee medical workers safety" during a protest in Wenling Monday. THE ASSOCIATED PRESS

Hospital medics in China angry

Wenling. Patient stabbed three doctors, killing one; such attacks are on the rise; hospital workers want safety guarantees

Quote

"Once the medical system decides that its aim is to make money, patients will not trust doctors anymore."

Several hundred hospital workers in white coats and surgical masks staged a rare protest in eastern China against attacks on medical workers after a patient stabbed three doctors at a hospital, killing one.

The staffers assembled Monday outside the Wenling City No. 1 People's Hospital hoisting signs that said "up-

Said Liu Jitong, a public health expert at Peking University. Some experts blame an increase in attacks on the commercialization of health services.

hold justice" and "guarantee medical staffers' safety."

"We are still protesting and demanding that the government and the hospital management ensure the safety of the doctors," said a woman who refused to give her name when reached at

the emergency department. The protest came after a knife-wielding patient, being treated in emergency, stabbed the three doctors on Friday.

Dr. Wang Yunjie died while the other two were wounded, police said.

Attacks on hospital staff by patients are increasingly common in China.

Experts say that over-crowded facilities and medical corruption can fuel frustration that sometimes boils over into violence.

Photos of the protesting staffers in some images featuring rows of white lab coats facing off with black uniformed riot police circulated widely. THE ASSOCIATED PRESS



ABM COLLEGE

Become a Medical Office Assistant
in 8 Months

- ✓ We offer Alberta Government approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Clinical Practicum included
- ✓ Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

403.719.4300

3880 - 29 Street NE, Calgary • info@abmcollege.com • www.abmcollege.com



FREEDOM FROM ADDICTION

Much more than a rehab center!

Residential Addiction Treatment For Men and Women

Ages 18-34

Proven Effective

Most Affordable

At Welcome Home, we not only eliminate the addictive behavior, we also resolve the underlying issues that led to the addiction in the first place.

In addition, program participants receive extensive career training and gain the healthy life-skills and coping abilities needed to stay sober. Program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society - for life!

Life-long sobriety -
that is our only purpose.



I have been in foster-homes, many different recovery programs, and attended countless meetings, nothing helped. Welcome Home changed my life - it is the greatest gift I could ever receive. - Kelly D.

WelcomeHome
ADDICTION RECOVERY ACADEMY
Changing Lives

6911 King George Blvd, Surrey, BC.

Welcome Home is funded by the John Volken Foundation, a private charitable organization dedicated to fighting addiction.

Thanks to this funding, **the Program is FREE**, except for the one-time administrative in-take fee.

**Take the First Step
Give Us a Call Today
To Find Out More
Phone 855-592-3001
www.whrecovery.org**

*I cannot thank you enough for what you have done in not only my life, but my family's as well.
- Marty C.*

Tim Hortons tests out first new coffee blend since 1964

Change percolating.

Iconic coffee-shop chain wants to appeal to today's consumers, who are 'more educated' about their morning cup

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love



Amid stiff competition, Timmies is testing a dark roast blend. TIM HORTONS

the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

Canadian coffee drinkers are becoming more educated.

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE



Phone hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.74¢ (+0.09¢)

TSX
13,371.84 (-27.58)

OIL
\$98.68 US (+83¢)

GOLD
\$1,352.20 US (-30¢)

Natural gas: \$3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)



ABM COLLEGE

Become a Health Care Aide in less than 5 Months

- ✓ We offer Alberta Government approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Clinical Practicum included
- ✓ Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

403.719.4300

Hurry! Program starts soon

3880 - 29 Street NE, Calgary • info@abmcollege.com • www.abmcollege.com

Concern over cellphone use

A safety advocacy group says Health Canada is ignoring science that shows some Canadians are getting sick from using cellphones and other wireless technology.

Canadians for Safe Technology says they've obtained documents showing the government is controlling a so-called independent review of radiation from cellphones, cell towers and Wi-Fi.

The Royal Society of Canada is holding public meetings in Ottawa to hear from

people who say they suffer negative health effects from using wireless devices.

Some of the symptoms reported include insomnia, heart palpitations and headaches.

Frank Clegg, the CEO of Canadians for Safe Technology, says the Royal Society's review panel has too many members who are beholden to the wireless industry.

In July, panel

chairman Daniel Krewski resigned over a conflict.

Two other panel members were replaced last month when a new chair was named.

In its most recent posting online, Health Canada says a consensus among scientists indicates that radiation from cellphone towers is too low to cause adverse health effects in humans.

THE CANADIAN PRESS



Money for your kids' future education

Don't miss out!

Get up to \$1,000 free* when you open a Registered Education Savings Plan (RESP).

Financial Literacy Month RESP Sign-Up Event

Saturday, November 2, 2013
11 am–2 pm

Saddletowne Library
7555 Falconridge Blvd NE

- Open an RESP onsite
- Choose from various banks
- Prizes, children's activities and snacks

*You do not need to deposit any money to open an RESP or get government money.

momentum

Canada

To register

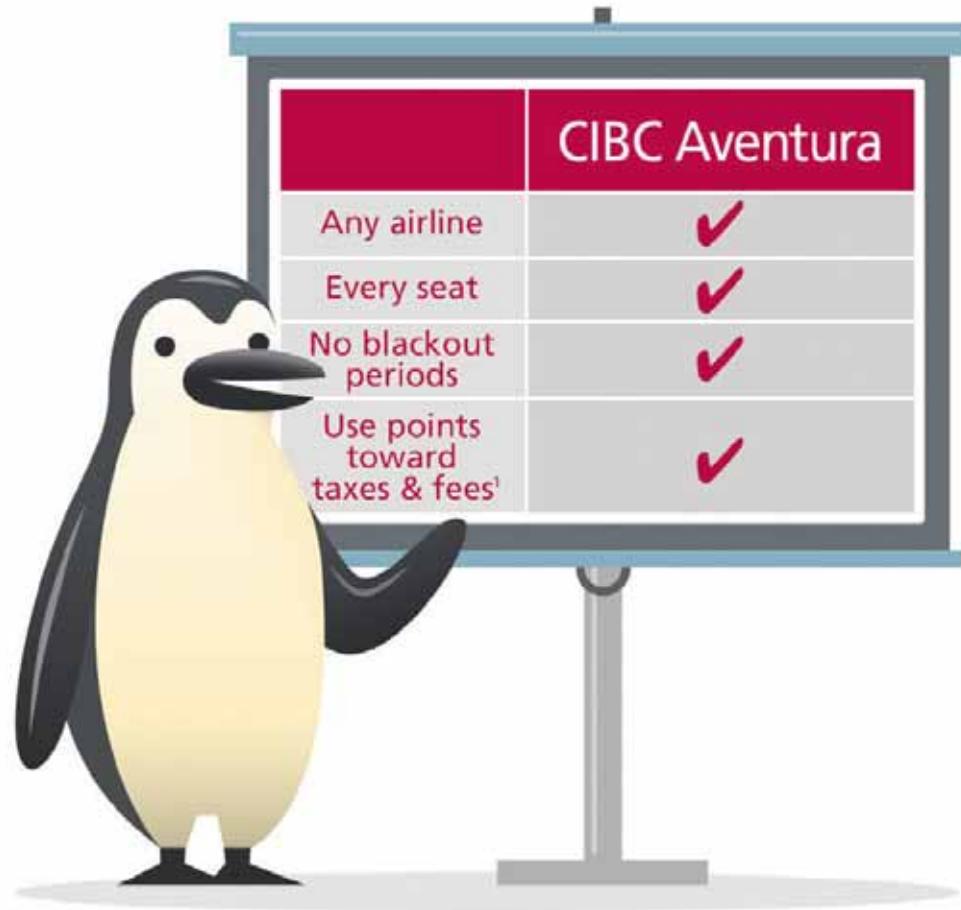
Phone Lora: 403 204 2674

Email: startsmart@momentum.org

Visit: calgarypubliclibrary.com

What to bring?

To open an RESP you will need to bring ID and Social Insurance Numbers (SIN) for you and your child.



The new CIBC Aventura® Travel Rewards Program.

So good even penguins can fly™.



Get a new card by
December 31, 2013, and
receive up to 30,000 bonus
Aventura Points.²



Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

¹Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. ²Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2013; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.

GENERATION INSTAGRAM POPS THE Q

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple, and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the moment.

Asking someone to marry you is nerve-racking enough



SHE SAYS
Jessica Napier
metronews.ca

without thinking about all the logistics involved in co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors

to create a wonderful, personalized proposal, hassle-free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to retell to all of your friends and family until the day you're married, so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

This will give you spinal slithers



ULET IFANASTI / GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. METRO

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. METRO

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (-110 C) — but don't get too chilled, as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venus-garden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Douglas Coupland is a bestselling novelist, a visual artist and the author of TEMP, an exclusive 20-parts-in-20-days story running in Metro starting Monday. Known for his musings on art, culture and technology, he's been quoted as saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.



ISTOCKIMAGES

Remembering facts:

Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:

There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:

"I write fiction for a living," says Coupland. "Everything can be fact-checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:

While libraries certainly do still exist, Coupland says he takes one walk in the stacks for every hundred he used to take.

Twitter



little diced tomato and lots sriracha.

@metropicks asked: A
Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a

@Gary_Zinck: Have to have my KD with chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

Find hope. Find inspiration.
Find it in a book.



Introducing the 2013 TD Canadian Children's Literature Award winners.

Congratulations to our winning authors Polly Horvath and Michel Noël. In your books, kids find more than good stories and great characters. They find bravery, strength and perseverance. That's why we're proud sponsors of the 9th annual TD Canadian Children's Literature Award, the largest cash award of its kind honouring both English and French language Canadian children's books.

Learn more at tdreads.com



The Canadian Children's Book Centre



HALLOWEEN MIDNIGHT MADNESS

5PM – 12:00AM ON THE NIGHT OF OCTOBER 30TH



2013 mazda 3
SEDAN

28 IN
STOCK!



REFRESHMENTS AND HOURLY
PURCHASE INCENTIVES
INCLUDING THE FOLLOWING:

- ½ PRICE PROTECTION PACKAGE
- \$200.00 DINNER VOUCHER
- FREE 3M PROTECTION FILM
- TRUNK LINER
- SNOW BRUSH & ALL WEATHER MAT SET
- \$500.00 MAZDA ACCESSORIES VOUCHER
- FREE SET OF MAZDA 3 WINTER TIRES



2013 mazda 3
SPORT

21 IN
STOCK!



EACH VEHICLE PURCHASED DURING THE SALE WILL BE ELIGIBLE FOR ENTRY INTO THE HOURLY SPOT PRIZE DRAW!



1211 CENTRE STREET NORTH | 403.276.5962

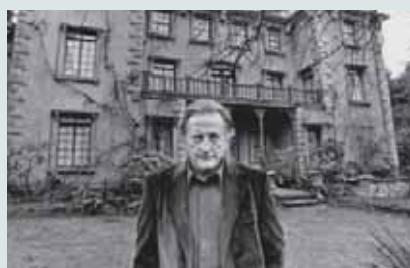
NORTH HILL
mazda.com

Vehicle pricing and payments includes all manufacturer incentives and discounts for a repeat customer eligible for 'Mazda Loyalty'. Advertised finance rates are subject to acceptance, final payments may vary, the manufacturer reserves the right to remove or amend the current campaign.

SCENE 2

There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE



The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

5

Freaky flicks from Canada



Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.



Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."



Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."



Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

T+E
TRAVEL + ESCAPE

THE ILLEGAL EATER
TONIGHT 7

WHAT IS
STEVEN PAGE
GETTING HIMSELF
INTO NOW?

Norman Reedus stars in *The Walking Dead*. CONTRIBUTED

When killing zombies brings you closer to self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN
HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl—the redneck biker with a heart of gold on AMC's *The Walking Dead*—is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the “meatiest” season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewer-

ship ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?

The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?

He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead

the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Were you surprised that the show has become such a monster hit?

I knew I had something good with getting on *The Walking Dead*. It's one of those rare cases where everything fits together perfectly. There isn't a weak link in our chain right now and I think we continue to get better and better.

What attracted you to the character as an actor?

Daryl's storyline is different from everyone else. He's blossoming in this world. He can take care of himself. He can hunt and track his own food. He can protect himself but he doesn't have social skills.

I think to watch this man become the guy that he is meant to be is pretty interesting.

Your character is also the most popular with female fans of the show. What do you think the appeal is?

Daryl wears his heart on his sleeve and means what he says. I started to play him at the beginning of the show as ashamed of what he was. He wouldn't look the other characters in the eyes; he would stare down at the ground. But now he's becoming this man that he can be proud of. I think that's why he's gotten the response that he has.

There's a lot of blood on the show. Are you squeamish about blood personally? Has this changed that?

I've been in 40-something films and I think I've killed someone or gotten killed in all of them. No, usually when we are filming, I'm the most soaked person on the set.

THE PRION DIARIES

Join Jay Ingram for an engaging discussion about the challenges posed by prion diseases that affect industries, animals and people every day.

PUBLIC LECTURE

Tuesday, October 29

Health Sciences Centre Theatre Four
Foothills Campus

TIME

6:30 p.m. Doors open
7:00 p.m. Lecture
8:00 p.m. Reception and book signing



with Jay Ingram

Former host of CBC Radio's *Quirks and Quarks* and Discovery Channel Canada's *Daily Planet*



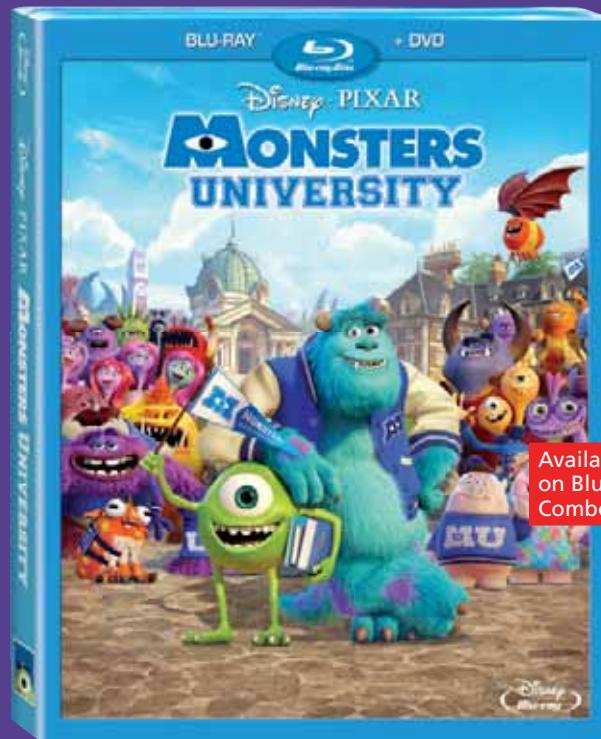
prion Alberta Prion Research Institute

Alberta Innovates Bio Solutions

FOR MORE INFORMATION, VISIT
prioninstitute.ca

UNIVERSITY OF CALGARY
Alberta Canada

You could
WIN 1 of 10 copies of *Monsters University* on Blu-ray™ Combo Pack



Available now
on Blu-ray™
Combo Pack

VISIT
club
metrometro.com
TO ENTER

©Disney

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Perry to fellow pop stars: Cover up already!



Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Ricci gets a ring on it

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series *Pan Am* in 2011.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Claire magazine that while

she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"



"We bank with ATB because one day, we want to be able to do what we enjoy—everyday."

- Terry & Elaine | Married Adventurers | ATB Customers & Real Albertans

The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON

Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that



Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

OVER \$2500 IN DOOR PRIZES

CALGARY'S 50 PLUS Living SHOW

"The Consumer Show Designed With Baby Boomers & Seniors in Mind"

Travel, Recreation, Shopping, Health & Wellness, Entertainment & With So Much More!

NOVEMBER 2ND + 3RD BMO Centre/Hall B Stampede Park Sat. 10am- 5pm & Sun 11am-5pm

\$10 REGULAR ADMISSION OR 2 FOR 1 ADMISSION WITH THIS AD

WWW.50PLUSLIVINGSHOW.COM

Enjoy ATB's Best Rate GIC Guarantee, and discover why we're better.

ATB Financial is better than the big banks because we're Albertan—like you. When you bank with us, you get the best in expert advice and flexible investment options, including Alberta's best rate GIC—guaranteed.

Join the movement. Visit your nearest branch or call us at 1-888-404-4646 atb.com/bankwithatb

SAVING | BORROWING | INVESTING | KNOW-HOW

The Best Rate GIC Guarantee applies to 2-year non-redeemable GIC products against published and advertised 2-year rates by Canada's big five national banks. Some conditions apply. TM Trademarks of Alberta Treasury Branches (10/13)

ATB Financial™

3 LIFE

Half off

HalfOff: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

**YLVIA VAN
BUUREN/
FOR METRO**



CALGARY GIRLS' SCHOOL

The Calgary Girls' School is a member of The Alberta Association of Public Charter Schools. Our vision is to be a centre for excellence enabling girls and young women to become confident and innovative leaders in a complex and global world.

OPEN HOUSE:

Friday, November 1st, 2013 - Lakeview Campus
Friday, February 7th, 2014 - Lakeview Campus

Please note that the open house will run from 10:00 am to 12:30 pm



The girls and young women of CGS are agents of change who develop confidence and a strong sense of self in a safe, collaborative, inquiry-based learning environment.



Collaborative
Please refer to
calgarygirlsschool.com
under "About CGS, Admission"
for detailed information on our admission process.

Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

**LINDA
CLARKE**
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

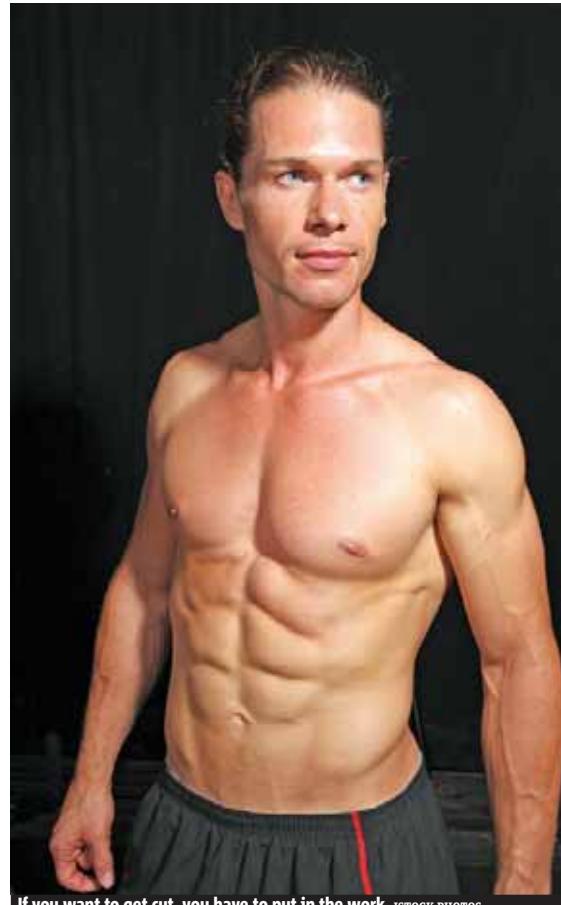
"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.



If you want to get cut, you have to put in the work. ISTOCK PHOTOS

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell

Online assistance

Runtastic six pack

**MIND THE APP**

Kris Abel
@RealKrisAbel
life@metronews.ca

**iPhone/iPad/Android
Free/\$4.99**

Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.



if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be aesthetically pleasing when developed."

ABM COLLEGE

Become a Pharmacy Assistant in 10 Months



- ✓ We offer Alberta Government approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Clinical Practicum included

403.719.4300

3880 - 29 Street NE, Calgary • info@abmcollege.com • www.abmcollege.com

Carve a six-pack, get killer pecs and pump those biceps. Here are the moves to get you in God-like shape. For exercises using weights, perform three to four sets of 12 to 15 repetitions. For those using just body weight, perform five sets of 20 to 30 repetitions.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.



Turkish get up

Begin by lying on your back with a dumbbell in hand. Bend your right leg and put it closer to your torso. Keep the left leg straight. Raise the dumbbell over your stomach and punch the dumbbell toward the ceiling. In a full get up you stand all the way up and return to the starting position.



Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.



Kettlebell twist

Sit down with your legs bent and your feet flat on the floor, about hip-distance apart. Hold the kettlebell with both hands at the chest, and then lean back to a 45 degree angle. Rotate your torso from left to right, twisting at the waist and swinging the kettlebell across your body. Form is very important.



Men's health

Why won't your man go to the doctor?

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months. Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," says Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour. They also found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick ... it's too late," Swartz says.

Maja Lundager Pedersen/MWN

Designed by nature.
Proven by science.

For cold and flu
insist on
Echinaforce®

Hot off the press!

Echinaforce is the only product approved by Health Canada for prevention and treatment of colds and flu. The largest study ever conducted on echinacea showed that Echinaforce:

- Can be taken safely for up to 4 months even by children and elderly people and that it offers effective protection against infections
- Supports the immune system, especially in times of stress, lack of sleep and for smokers
- Relieves symptoms and shortens the duration of infection

Echinaforce is made from fresh, organic, GMO-free echinacea which is anti-inflammatory, anti-bacterial and has wide-spectrum antiviral properties.

All natural products are not the same.
Insist on Echinaforce.

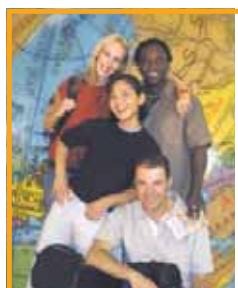


www.avogel.ca

A.Vogel

Pioneer in Natural Health
since 1923

(A Vogel)

**Adventure!**
Teach English Overseas

- > TESOL Certified in 5 Days
- > In-Class or Online
- > No Degree Required!

1.888.270.2941
Job Guaranteed!
Next in-class course: Dec 18th- 22nd, 2013
Next Seminar: Nov 12th, 2013 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globalesol.com




DYSTONIA MEDICAL RESEARCH FOUNDATION CANADA
serving all dystonia-affected persons

DYSTONIA INFORMATION SESSION
For Dystonia Patients, Caregivers, Family

Guest Presenter: Dr. Zelma Kiss, MD PhD FRCSC
Hotchkiss Brain Institute, University of Calgary
10:00 a.m., Saturday, November 2, 2013
Carriage House Inn, Windsor B Room
9030 Macleod Trail S., Calgary, AB

Dystonia Medical Research Foundation Calgary
RSVP: 1-800-361-8061

THE 7TH ANNUAL

WORLDWIDE
PHOTO EXPOSITION

WOW

THURSDAY,
NOVEMBER 7TH, 2013 -
7:00 PM- ROUGE RESTAURANT -
1240 8TH AVENUE S.E.
CALGARY, ALBERTA*All inclusive tickets at:***WOWPHOTOCOMPETITION.CA**

YOUR TICKET INCLUDES:

1 UNFRAMED PRINT FROM A SELECTION OF
PAST CONTESTANTSA PASSPORT TO TRAVEL THE WORLD OF WOW
PHOTOGRAPHY AT ROUGE RESTAURANTFOOD & DRINK PAIRED BY CHEF JAMIE HARLING
AND SOMMELIER ANDY MACDONALD1 COMPLIMENTARY ENTRY INTO THE 2014 WOW
PHOTO COMPETITION*All proceeds go to the Canadian Progress Club Elevate
in support of the Canadian Women's Foundation.*

FACEBOOK.COM/WORLDWIDEWOW

TWITTER: @WOW_PHOTO

ROUGE

VILLAGE

APPLETON ESTATE

CROWN ROYALE

elevate

NCC

avenue
magazine

CINTOWN OPERA

XL 103.1 FM

TOP 40

metro

CANADIAN
HOSPITALS
FOUNDATION

Jeepers, creepers where'd you get those meatball peepers?



This recipe makes about 30 meatballs. THE CANADIAN PRESS

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

Surviving Halloween

NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfood.com

• Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.

• Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.

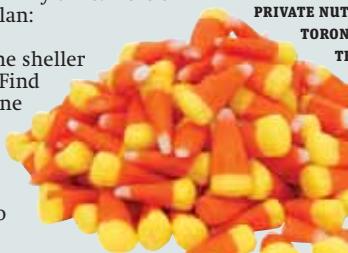
• Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @

THERESAALBERT
ON TWITTER
AND FOUND DAILY AT MY-

FRIENDINFOOD.COM



The boy who cried bully

Term overuse.

Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided vic-

tories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common thanks to national campaigns to draw attention to the real problem of bullying.

THE ASSOCIATED PRESS

Bullies in politics?



In May, U.S. Sen. Harry Reid called Sen. Ted Cruz a "schoolyard bully." He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but

changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, a conservative policy advocacy organization. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."



Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior. "Bullying means intentionality," Pass said.

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Smith.

Which is not to say that bullying or other types of personal intimidation don't happen in sports. Rutgers basketball coach Mike Rice was fired for screaming at his players, calling them names and kicking and shoving them.

But under normal circumstances, learning to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you have to get in the bully's face."



Bullying elders?

No one denies that bullying among kids is a serious problem. Just look at the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monroe English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it. "They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said. When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down.

Digital demo. Parents are more likely to pony up for tech toys, survey finds



About 41 per cent of parents surveyed said they owned a tablet, versus the 30-per-cent response rate for everybody else. ISTOCK

A new study confirms kids do have it good nowadays, at least when it comes to having access to tech toys. Parents are more likely to purchase smartphones, tablets, video game consoles and subscribe to Netflix than the average consumer, suggests a report by the Media Technology Monitor.

Based on telephone surveys with more than 6,000 anglophone Canadians last fall and this spring, the report found households with children under 18 were more likely to be teeming with digital devices.

About 41 per cent of the parents surveyed said they owned a tablet, versus the 30-per-cent response rate for everyone else.

And three quarters of the parents polled had a smartphone, compared to just over half of the other respondents.

Families were also 70 per cent more likely to be part of the so-called "four screen" trend, with 17 per cent of parents saying they owned a smartphone, tablet, computer and TV that were all connected to the Internet.

Just over a third of the parents said they subscribed to Netflix, compared to about one in four of the consumers polled without kids in their home.

The survey results are considered accurate within 1.2 percentage points 19 times out of 20. THE CANADIAN PRESS

**llalife®
VOICE**
Where Fun...Meets Adventure
403.974.5555
Toll Free 1.866.348.5282

\$20/20 mins
1-900-528-2543 Dial #CLICK (#25425)
79¢/min. Re: Rogers, Fido | 99¢/min. Virgin Mobile, Telus

LAVALIFEVOICE.COM 18+ * Restrictions may apply

FREE TRIAL CALL NOW!

No more credit card debt?

Yes! You can finally get rid of your credit card debt! A **consumer proposal** helps you negotiate your debts into one manageable monthly payment that suits your needs, protects your assets and you may even **reduce your overall debt - including credit cards**.

Free, confidential and no obligation consultations:

Toll free: **310-8888** or visit gt.alger.ca



Bruce Alger Marie Kozlowski Shane Brenneis Angela Lock



Grant Thornton
Formerly Alger & Associates
Trustee in Bankruptcy. © A Canadian Member
of Grant Thornton International Ltd.



To figure out what you spend on health care annually, start by checking your past few tax returns. iSTOCK

How much does health care cost you? Try 1,400 big ones

Unplanned outlays.

Data shows health care is a significant expense and a major factor in increasing stress levels



**YOUR
MONEY**

Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly \$1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over \$1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top \$5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your sav-

ings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.



RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Advice you can bank on™



NHL

Rookie helps Pens snap losing streak

Pittsburgh rookie Jayson Megna scored his first goal on a deflection after he also earned his first assist, helping the Penguins snap a three-game slide by beating the Carolina Hurricanes 3-1 on Monday night.

Chris Kunitz and Tanner Glass also scored for the Metropolitan Division-leading Penguins. Brooks Orpik had three assists, Crosby added two and Marc-Andre Fleury stopped 20 shots.

THE ASSOCIATED PRESS

Monday night football

Seahawks win defensive battle

Russell Wilson threw two touchdown passes to Golden Tate, and the Seahawks made a dramatic goal-line stand in the final minute to preserve a 14-9 victory over the Rams on Monday night — less than an hour after the Cardinals lost to the Red Sox in the World Series just up the street.

The Seahawks won despite gaining just 135 yards of total offence, 80 of it on Wilson's second TD pass to Tate.

THE ASSOCIATED PRESS

NBA


"It's not like it's unheard of. We all know what it is. They don't like us, so we don't like them."

LeBron James, whose Miami Heat take on their rival Chicago Bulls in Tuesday's NBA opening-night action.



Red Sox pitcher Jon Lester makes a delivery to the plate during Game 5 of the World Series against the Cardinals on Monday in St. Louis. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Game 5 gem brightens pitcher Lester's lustre

World Series. Red Sox lefty, Ortiz pull team within one win of third title in a decade

Jon Lester pitched the Boston Red Sox within a whisker of yet another World Series championship.

Lester bested Adam Wainwright once again, journeyman David Ross hit a tiebreaking double in the seventh inning and the Red Sox downed the St. Louis Cardinals 3-1 Monday night to take a 3-2 Series edge.

David Ortiz delivered his latest big hit, too, sending this



bearded band of Red Sox back to Fenway Park with a chance to clinch their third crown in a decade. Not since 1918 has Boston won the title at its own ballpark.

John Lackey gets the first chance Wednesday night against St. Louis rookie sensation Michael Wacha. A Cardin-

als win would set up a most spooky proposition for both teams — Game 7 on Halloween night.

Ortiz enjoyed even more success in Game 5 after moving from the cleanup spot to the third slot. He is 11 for 15 (.733) in this Series with two homers, six RBIs and four walks.

Lester enhanced his reputation as an October ace with every pitch. He allowed one run and four hits in 7 2/3 innings, striking out seven without a walk — nearly the same line he had in beating Wainwright in the opener.

"I think the biggest thing is me and Rossy have had a good rhythm," Lester said. "Early on,

we just went back to our game plan from Game 1 and just fell back on that and really just tried to make them swing the bats early, and we were able to do that."

The lefty who's won all three of his career World Series starts had just one scary inning, when Matt Holliday homered in the fourth, Carlos Beltran flied out to the wall and Yadier Molina hit a liner. Other than that, Lester was sharp as a knife.

"He's just a stud," said Ross, the backup catcher who gets paired with Lester. "We rely on him. That's why he's the ace of our staff."

THE ASSOCIATED PRESS

4 SPORTS



ABM COLLEGE

Become an **Esthetician**
in 6 Months

- ✓ We offer Alberta Government approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
- ✓ Earn while you learn

 403.719.4300

Hurry! Program starts soon

3880 - 29 Street NE, Calgary • info@abmcollege.com • www.abmcollege.com

WORK SO REWARDING
YOU MIGHT CONSIDER YOUR WAGES A BONUS

S
SOUTHLAND
safely home

BECOME A PARA-TRANSIT DRIVER

- **Compassionate and caring**
- **Excellent driving skills and habits**

www.southland.ca/careers





Innovation that excites

MY NISSAN

CLEAROUT DRIVE

2013

0% FINANCING UP TO 84 MONTHS OR \$13,000 IN CASH DISCOUNTS ON OTHER SELECT 2013 MODELS

COMSUNRIDGE.NISSAN.COM SUNRIDGE.NISSAN.COM SUNRIDGE.NISSAN.COM
\$500 DOWN PAYMENT ON US!

MSRP: \$13,545
2013 VERSA SEDAN
\$11,445 \$2,100 IN SAVINGS!
\$77 B/W²
ABS BRAKES,
TRACTION
CONTROL!

SN886174

MSRP: \$22,993
2013 JUKE SV
\$20,493 \$2,500 IN SAVINGS!
\$131 B/W⁴
AUTOMATIC, POWER
EVERYTHING,
A/C CD! ALLOYS!

SN316003

MSRP: \$27,128
2013 ROGUE
\$22,128 \$5,000 IN SAVINGS!
\$148 B/W⁵ OR \$321 MO.⁶ @ 0.9%
0% UP TO 84 MONTHS OR
LEASE AT 0.9%! OR \$5,000
OFF CASH PURCHASES!
A/C, POWER EVERYTHING!
SUNROOF, ALLOYS!

SN013526

MSRP: \$39,349
2013 MURANO SV
\$32,505³ \$6,844 IN SAVINGS!
\$226 B/W³
HUGE MURANO SELECTION
TO CHOOSE FROM!
AWD, MOONROOF, ALLOY
WHEELS, WELL EQUIPPED!

SN319333

FALL SERVICE SPECIALS
CALL TO SCHEDULE AN APPOINTMENT TODAY!
403-207-2466

FREE MOUNT
& BALANCE
WITH THE PURCHASE
OF 4 WINTER TIRES

BUY 3 TIRES
GET THE 4TH ONE FOR \$1*

SUNRIDGE NISSAN 403-291-2626
SUNRIDGENISSAN.COM
3131 32 Ave NE, Calgary, AB

Kaizen PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

metro

metronews.ca
Tuesday, October 29, 2013

Ruff'd up: Stars coach gets last laugh in Buffalo

NHL. Dallas head coach gets victory over Sabres on visitors' bench



Stars forward Jamie Benn celebrates Dallas's 4-3 win with goalie Kari Lehtonen on Monday night in Buffalo.

THE ASSOCIATED PRESS

Dallas Stars coach Lindy Ruff had an opportunity to experience an entire range of emotions in his first trip back to Buffalo to face his former team.

Ruff went from holding back tears during a first-period tribute that culminated in a standing ovation, to feeling anxious after the Stars nearly squandered a three-goal lead. And finally he felt relief after Dallas hung on for a 4-3 victory over the Sabres on Monday night.

"It was kind of a huge relief," Ruff said. "I was really glad once

the tribute was over. I wanted to get the game over with. A lot of good memories here."

Add another one to the list.

The Sabres' winningest coach came away a victor on the visitors' bench after goalie Kari Lehtonen stopped the final 10 shots he faced to preserve the win.

Tyler Seguin capped a three-goal, first-period outburst, and Jamie Benn's goal midway through the second period stood up as the winner in Ruff's first game against his former team after his 16-year tenure in Buffalo ended with him being fired on Feb. 20.

"Well, we couldn't just give it to him. We had to make sure he earned it," Seguin said, with a smile referring to how close the Stars came to spoiling Ruff's homecoming. "No, it was a good win. And we're moving on now."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Montreal	12	7	5	0	35	22	14
Detroit	12	6	4	2	27	33	14
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	14
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
Philadelphia	10	3	7	0	18	27	6
N.Y. Rangers	10	3	7	0	15	35	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	0	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	12	7	2	3	39	33	17
Minnesota	13	6	4	3	30	31	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	11	5	5	1	30	34	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

San Jose 5 Ottawa 2

Tampa Bay 4 Florida 3 (SO)

Tuesday's games — All Times Eastern

Dallas at Montreal, 7 p.m.

Anaheim at Philadelphia, 7 p.m.

N.Y. Rangers at N.Y. Islanders, 7 p.m.

Tampa Bay at New Jersey, 7:30 p.m.

Ottawa at Chicago, 8 p.m.

Winnipeg at St. Louis, 8 p.m.

Toronto at Edmonton, 9 p.m.

Los Angeles at Phoenix, 10 p.m.

(End of Regular Season)

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	7	10	0	478	454	20
Edmonton	17	3	14	0	391	493	6

y — clinched playoff berth.

y — clinched division.

Friday's games — All Times Eastern

Montreal at Toronto, 7 p.m.

Calgary at B.C., 10 p.m.

Saturday's games

Hamilton at Winnipeg, 2 p.m.

Edmonton at Saskatchewan, 5 p.m.

(End of Regular Season)

NFL

WEEK EIGHT

Monday's result

Seattle 14 St. Louis 9

Sunday's results

Arizona 27 Atlanta 13

Cincinnati 49 N.Y. Jets 9

Denver 45 Washington 21

Detroit 31 Dallas 30

Green Bay 44 Minnesota 31

Kansas City 23 Cleveland 17

New England 27 Miami 17

New Orleans 35 Buffalo 17

N.Y. Giants 15 Philadelphia 7

Oakland 21 Pittsburgh 18

San Francisco 42 Jacksonville 10

Thursday's result

Carolina 31 Tampa Bay 13

NBA

REGULAR SEASON

Tuesday's games — All Times Eastern

Orlando at Indiana, 7 p.m.

Chicago at Miami, 8 p.m.

L.A. Clippers at L.A. Lakers, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)

Monday's result

Boston 3 St. Louis 1

Sunday's result

Boston 4 St. Louis 2

Wednesday's game — All Times Eastern

St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

Thursday's game

x-St. Louis (Kelly 10-5) at Boston (Peavy 12-5), 8:07 p.m.

x — played only if necessary.

KNOCKOUT ROUND

(single-game elimination)

WESTERN CONFERENCE

Wednesday's game — All Times Eastern

Colorado at Seattle, 10:30 p.m.

EASTERN CONFERENCE

Thursday's game

Horoscopes

Aries

March 21 - April 20

Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

Taurus

April 21 - May 21

You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

Gemini

May 22 - June 21

Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

Cancer

June 22 - July 23

You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

Leo

July 24 - Aug. 23

Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

Virgo

Aug. 24 - Sept. 23

You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

Libra

Sept. 24 - Oct. 23

Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

Scorpio

Oct. 24 - Nov. 22

The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

Sagittarius

Nov. 23 - Dec. 21

Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

Capricorn

Dec. 22 - Jan. 20

Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

Aquarius

Jan. 21 - Feb. 19

What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

Pisces

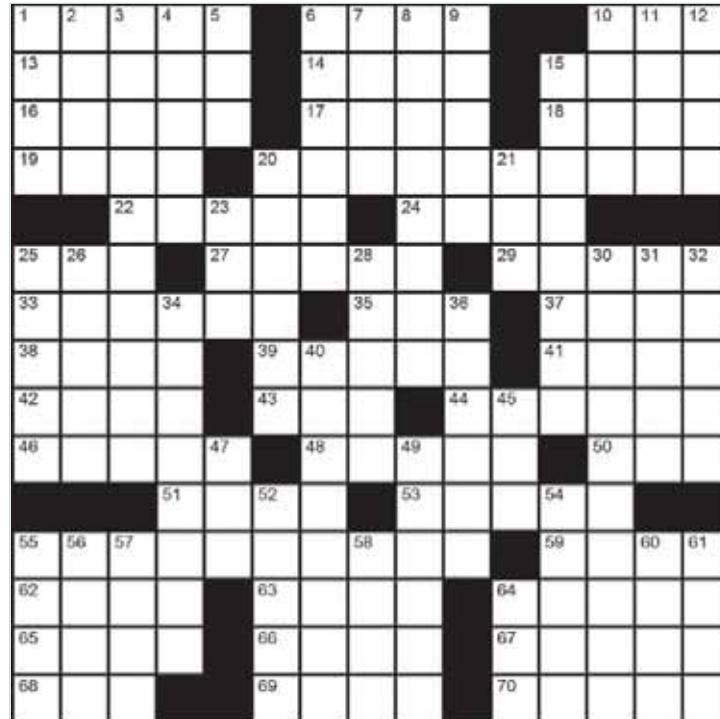
Feb. 20 - March 20

You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. ___ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato ___
29. 1861 George Eliot novel, ___ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "___ pronounce you.": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts



50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure

63. Baltic Sea feeder
64. ___ not the time (Later is better)
65. Layered hairstyle
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morph-

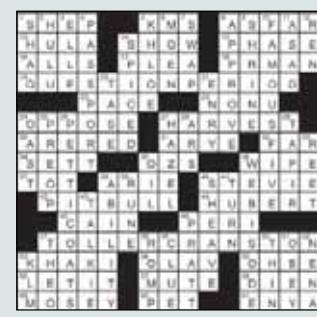
- osis'
70. Popular plants

- Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: ___ Provincial Park
4. Laboratory dish
5. Century components, curtly

6. Restricts
7. ___ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___ (Microsoft founder, fun-style)

10. "Voila!"
11. ___ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "___ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever ___..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and ___
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

9	3		8
4	3	7	2
7	6		9
3		1	8
6		4	
1	2		5
5		8	6
1	6	2	9
4		9	7

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 6°
MIN: -8°



MAX: 7°
MIN: 0°



MAX: 6°
MIN: -1°



ANDREW SCHULTZ
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS 5:30 AM



**NEXT STOP,
COLLEGE.**
Academy of Learning Career College prepares students
for a career in Healthcare, Business and Technology.



**Academy
OF LEARNING
CAREER COLLEGE**

www.academyoflearning.ab.ca

**BE JOB READY
IN 6 TO 12 MONTHS**

CALGARY NORTH EAST (403) 569-8973

CALGARY SOUTH (403) 252-8973

RED DEER (430) 347-6676

Financial Assistance available to qualified applicants.

TELUS STORE OR
AUTHORIZED DEALER

Northwest

Beacon Hill Shopping Centre

Market Mall

North Hill Centre

Northland Village

822 Crowfoot Cres. NW

Northeast

Country Hills Town Centre

Marlborough Mall

Pacific Place

Sunridge Mall

1353 32nd Ave. NE

2520 23rd St. NE

Rocky View

Crossiron Mills

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail

331 3rd Ave.

Okotoks

31 Southridge Dr.

118 Elizabeth St.

Ta-da!

Now you can save more when you bundle mobile with your favourite home services.



Only TELUS lets you bundle TV, Internet or home phone with your mobile.

Save \$60/year
when you bundle mobile*

Call 310-2121, go to telus.com/bundle
or visit your TELUS Store or Authorized Dealer.

TELUS
the future is friendly®